TRICARE Reserve Select

A premium-based health care plan for certain members of the Reserve Component and their families

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Coverage Provided

- Urgent and emergency care, including ambulance services
- Family health care
- Obstetrics, gynecology, and maternity services
- Clinical preventive services, including health screening and immunizations
- Behavioral health care, including partial hospitalization and residential treatment
- Annual eye examinations
- Durable medical equipment (DME) and supplies
- Ancillary services, such as laboratory and radiology
- Prescription drug coverage

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Eligibility for TRICARE Reserve Select

1. You were called or ordered under Title 10 on or after ***9/11*** in support of a contingency operation for more than 30 consecutive days.
2. You served continuously on active duty for 90 days or more under that call or order—the length of time served determines the maximum period of coverage offered to you under TRICARE Reserve Select.
3. You must enter a Service Agreement to serve in the Selected Reserve **before leaving active duty**.

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Purchasing TRICARE Reserve Select:
A Three-Step Process

Step 1 Enter into the Service Agreement

- **Before** leaving active duty
- https://www.dmdc.osd.mil/Guard-ReservePortal

Step 2 Execute the Service Agreement

- You must be in the Selected Reserve **before** TRICARE Reserve Select coverage begins.

Step 3 Purchase TRICARE Reserve Select

- Submit a completed enrollment form with a one-month premium payment to your regional contractor.
- https://www.dmdc.osd.mil/Guard-ReservePortal

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Enrollment and Customer Service

Health Net Federal Services, Inc.
1-800-555-2605
www.healthnetfederalservices.com

TriWest Healthcare Alliance
1-888-TRIWEST (1-888-874-9378)
www.triwest.com

Humana Military Healthcare Services, Inc
1-800-444-5445
www.humana-military.com

TRICARE

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Type of Coverage

- TRS member-only
- TRS member and family coverage
- Cannot change type of coverage unless there is a qualifying life event
  - Birth of child
  - Marriage or divorce
  - Loss of eligibility

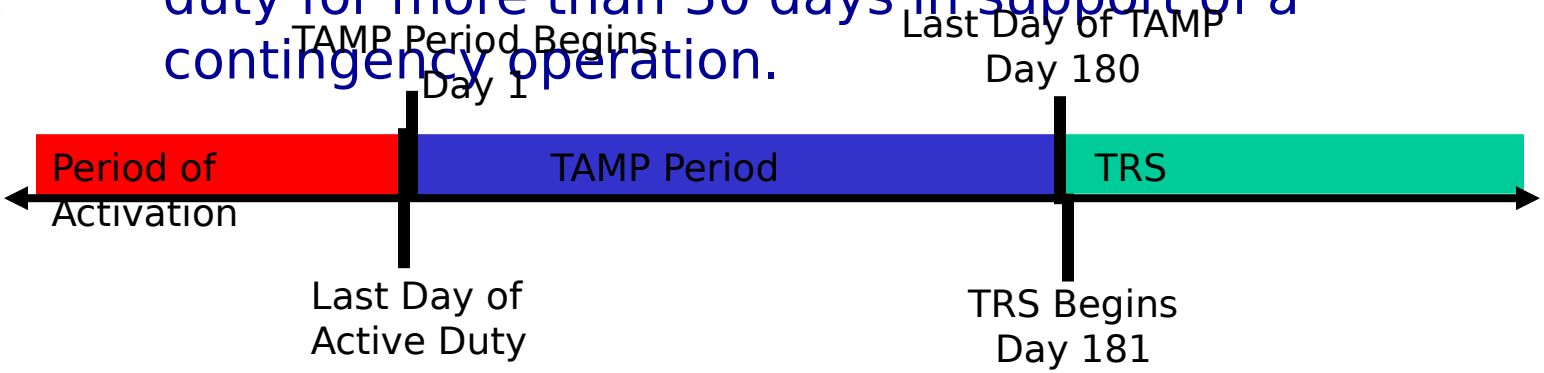
Period of Coverage

Days Served on Active Duty	Maximum Period of Coverage
1-89 days	None*
90-179 days	1 year
180-269 days	2 years
270-359 days	3 years
360 days	4 years

**If you are otherwise eligible, but did not serve continuously on active duty for 90 days due to an injury, illness, or disease incurred or aggravated on active duty, you may be eligible for one whole year of TRS coverage.*

When Coverage Begins

- Coverage begins the first day after the transitional TRICARE coverage ends under the Transitional Assistance Management Program (TAMP).
  - TAMP provides transitional TRICARE coverage for 180 days immediately following release from qualifying active duty, if you were called to active duty for more than 30 days in support of a contingency operation.



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TRICARE Reserve Select Costs

Monthly Premiums	TRS Member-only: $75 TRS Member and family: $233
Annual Deductibles *(per fiscal year)*	Rank E-4 & below: $50/individual or $100/family Rank E-5 & above: $150/individual or $300/family
Cost-Shares *(after annual deductible is met)*	Network Provider: 15% Non-network Provider: 20%
Catastrophic Cap *(per fiscal year)*	$1000 per enrollment

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For More Information

- For assistance with determining your eligibility for TRICARE Reserve Select and executing your Service Agreement, contact your Service/Reserve Component personnel offices.
  - *Reserve Affairs Web site*
    www.defenselink.mil/ra/
  - *Guard-Reserve Portal*
    https://www.dmdc.osd.mil/Guard-ReservePortal
- For assistance with enrollment and customer service, contact your regional contractor